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ABSTRACT

This document presents a model wellness program for international college students in the United States and strategies to aid them in staying healthy during their stay. It notes that, without parents or other support groups, international students run the risk of developing serious health problems because of inadequate diet and sleep, substandard housing conditions, culture shock, or academic concerns. The wellness model is divided into several sections: (1) physical health; (2) diet; (3) weight control; (4) smoking; (5) drug and alcohol use; (6) dental health; (7) care of the eyes and ears; and (8) care of the skin and hair. For each of these sections, strategies are presented to assist the international student in developing healthful techniques. The model includes examples of exercise and recreational activities; sample menus of nutritious meals; charts of ideal body weights; hints to stop smoking; sources of treatment for alcoholism; drug charts; and lists of common disorders of the eyes, ears, skin, and hair. It is concluded that a wellness plan can give international students a chance to prevent major physical and mental adjustment problems while in the United States and it is recommended that international student advisers should emphasize healthful habits to the international student. (NB)

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# A Comprehensive Wellness Program for International Students

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## Abstract

The Institute of International Education estimated that 342,000 international students were studying in United States colleges and universities in 1984-85. The purpose of the article was to present a model wellness program for international students in the United States and strategies to aid them in staying healthy during their stay here. Without parents or other support groups, many of these students run the risk of developing serious health problems because of inadequate diet and sleep, substandard housing conditions, culture shock, or academic concerns. In this article strategies are presented to assist the international student in developing healthful techniques regarding proper diet, weight control, dental health, physical health, relaxation exercises, and care of eyes, ears, and skin.

A Comprehensive Wellness Program for

International Students

Students from many countries come to the United States to receive an education. The Institute of International Education estimates that 342,113 international students came to the United States for study during the 1984-85 academic year. Engineering was the leading major of all international students in 1984-85.

In 81% of the cases, the international student was supported by funds originating outside of the United States. These sources were primarily family funds or government scholarships. Althen and Stott (1983) found that many of the international students were willing to endure substandard conditions of housing, food and health care in order to accomplish their educational objectives in the United States. Additionally, the students left the parents and family in their country and were on their own in a new environment. Cultural differences between the international students' countries and the United States can create very stressful conditions for some students who have no role models in the United States and cannot adapt to the American society.

Stress has been defined by the most famous researcher of stress, Hans Selye, as a nonspecific response of the body to any demand made upon it. Selye (1978) doesn't conclude that all stress is bad but says that humans should recognize their response to stress and adjust their life-styles to it. Selye defines "Eustress"

as the amount of "good stress" or motivation that each person needs in order to survive in a healthy fashion. Stress can also be a strong unpleasant emotional force or pressure that produces feelings of tension or strain. Stress for foreign students can be created by separation from family and friends, cultural differences, academic problems, financial problems and diet.

The purpose of this article is to describe a model wellness program for international students which promotes the total wellness of the individuals. Strategies will be presented which will allow the international student to plan a program of action to insure personal wellness while he or she is studying in the United States. Wehrly (1986) stated that stress experienced by most international students is ongoing during most of their time of study in the United States because of just meeting the basic needs of food, clothing, shelter, and safety in a different culture than their own. Wogan (1985) found that foreign students from Asian culture have more support from other friends in the United States, but also experience more stress if they have academic problems because a loss of face for the family occurs. Althen and Stott (1983) reported a similar finding for other foreign students and found that the family pressures to persist and succeed is great. Dillard and Chisolm (1983) say that although international student exchange programs attempt to provide a positive environment, the culture in the United States generates stress, depression, frustration and fear. Differences in climate,

food, and modes of behavior create a cultural shock. Lee (1981) found that foreign students who roomed with American students tended to have more satisfying interpersonal experiences than those living with students from their own country. Hendricks and Skinner (1977) found that most foreign students in the United States adapted to the social behavior of Americans and decided which aspects of American society they can learn and adopt.

## The Wellness Model

### Physical Health

#### Definition of Physical Fitness

Physical fitness implies a set of measurable charactistics which have implications for the overall health and sense of well being of the individual. The physical refers specifically to the efficiency of the heart, lungs and other body organs, the ability of the joints to move freely, a well-defined musculature, and an absence of unnecessary body fat.

The American Academy of Physical Education[1] defines physical fitness as: "The ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and to meet the above-average physical stresses encountered in emergency situations."

Physical fitness refers to the many human abilities that one needs to an adequate degree for the attainment of one's positive

health. Physical fitness is achieved through a steady, systematic regimen of proper and prudent exercise.

## Goals and Getting Started

Perhaps the first step in developing an exercise program is to establish a set of goals. What are your specific purposes and goals for exercising? Is it weight control, development of strength, flexibility, reduction of body fat, etc.? It is our recommendation to get a physical check-up by your doctor, and then, in accordance with his advice, set up your individual program.

## Some Important Considerations for Your Individualized Exercise Program

In order to achieve the goals of your exercise program, the following items should be considered carefully:

1. Warm-up. It is wise to spend approximately ten to fifteen minutes warming up. The reasons are many. During warm-up the body can begin to get the blood flowing to the large muscles, especially in the legs. Warmed muscles are better able to utilize the oxygen in the blood stream, and the warmed muscles work more efficiently. In addition, there are positive implications for injury prevention.
2. Stretching. In order to alleviate muscle spasms which can cause pain in the state of muscle contraction, stretching can be very helpful.

3. Stimulus Period. The Swedish physiologist, Per Olof Astrand ( ) strongly recommends interval training. Interval training refers to a training program in which you intersperse work (running during the stimulus period) with regular rest (walking) intervals. This has both psychological and physiological advantages.

4. Frequency. It is suggested that you participate in an exercise program at least three days per week. The program should include a mix of stretching, running, walking, and cool-down exercises for a duration of about thirty minutes.

5. Progression. A basic principal is to proceed slowly with your exercise program. Gradually increase the number of repetitions for each of your flexibility and toning exercises. A guideline may be to add one extra repetition of each exercise every two training days. For the stimulus period, it would be reasonable to add one or two minutes of running each week. The progression depends upon a matter of good judgment and your personal response to your exercise program which should include the type of exercise, duration, and repetitions. This record should also serve as a device of motivation for you to continue to improve.

6. Cool-down. It is important to finish your exercise

program with a five to ten-minute cool-down period. Several minutes of walking and mild stretching exercise are recommended. It is wise to cool down gradually following exercise.

## Recreational Activities

The following is a list of some recreational activities:

| | |
|---|---|
| Basketball | Softball |
| Bicycling | Swimming |
| Badminton | Boating |
| Football | Volleyball |
| Golf | Wrestling |
| Jogging | Track and Field |
| Soccer | Fencing |
| Tennis | Weight Lifting |
| Horseback Riding | Gymnastics |
| Square Dancing | Fishing |
| Racquetball | Skiing |

| | |
|---|---|
| Walking | Table Tennis |
| Archery | Billiards |
| Bowling | Gardening |
| Handball | Skating |

## Diet

The science of nutrition establishes the close relationship between proper diet and good health.

### The Basic Four Food Group

The basic four food group suggests that daily food intake should include servings from each of the four following food groups:

I. Milk Group. (Two servings per day). This group includes dairy products such as milk, cheese, and ice cream. Milk is the leading source of calcium in the diet. It also contains high-quality proteins, riboflavin, vitamin A, and other nutrients.

II. Meat Group (Two servings per day). This group might also be labeled "protein foods" since it contains many foods other than beef and pork. Some of these foods which are valued for their protein content are poultry, fish, eggs, nuts, and some vegetables that are high in protein content. In addition to the foods that are rich in protein, this group also supplies important quantities of iron, niacin,

riboflavin, and thiamin.

III. Fruit-Vegetable Group (Four servings per day). It is especially important to include fruits and vegetables that are good sources of vitamine A and C. Some good sources of vitamin C include citrus fruits and juices, broccoli, green peppers, tomatoes, and red peppers. Some good sources of vitamin A are butter, margarine, deep green and yellow vegetables and fruits, such as broccoli, carrots, pumpkin, spinach, sweet potatoes, turnip greens, squash, peaches, and apricots.

IV. Bread-Cereal Group (Four servings per day). This group includes carbohydrates (sugars) and many items that supply fuel to meet the body's caloric needs. Whole grain and enriched bread and cereals will provide worthwhile amounts protein, niacin, iron, and thiamin to the diet. Included in this group are bread, cereals, crackers, rice, grits, cornmeal, rolled oats, macaroni, spaghetti, noodles, biscuits, muffins, cake, and cookies.

## Excessive Intake of Salt and Sugar

Too much salt (sodium chloride) in the diet is one of the risk factors in heart disease, since it is associated with high blood pressure (and salt raises your blood pressure). There is a connection between migraine headaches and high salt consumption.

It is suggested that fresh lemon juice and herbs be used instead of salt.

Too much refined and processed sugar is not only the chief promoter of tooth decay, but it is an energy source offering little nutritional value. Moreover, its use may deprive the body of vitamins and minerals it would otherwise receive from fresh fruits and vegetables, and it may actually increase the body's need for certain vitamins. Sugar may also contribute to diabetes and other related illnesses.

## Value of Fluids

The need of the body for water is exceeded only by its need for oxygen. All life processes are favored by a sufficient amount of fluid in the tissues. Water maintains the fluidity of the blood and is a carrier of oxygen and food materials to body cells and of waste materials from the cells.

## Value of Fiber

Fiber is the indigestible part of wheat germ and bran, carrots, celery, apples, and other fruits and vegetables. Chemically, it is cellulose, a complex carbohydrate that cannot be broken down by the hyman digestive system. This roughage helps the intestine move its contents along and prevents constipation and the build-up of bacteria that can lead to several disorders including cancer of the colon.

Sample Menus

The following are sample menus for two breakfasts, lunches and dinners:

Breakfast (1)

½ grapefruit
1 egg
2 slices whole wheat toast
2 teaspoons margarine
milk or cocoa

Breakfast (2)

fresh fruit or juice
1 poached egg
1 cup cereal
1 teaspoon margarine or jelly
milk or tea

Lunch (1)

tomato juice
beef patty
cooked greens
1 cup milk
1 slice bread
1 teaspoon margarine
pudding

Lunch (2)

cottage cheese
½ cup vegetables
milk (1 glass)
fruit, raw or cooked, ½ cup

Dinner (1)

lean meat or poultry (4 ounces)
½ cup vegetables
1 small baked potato
1 teaspoon margarine
1 glass milk

Dinner (2)

broiled fish (4 ounces)
1 small baked potato
salad greens with low-calorie dressing
1 glass milk

½ cup fruit, raw or cooked

1 teaspoon margarine

½ cup fruit, raw or cooked

Sample Dietary Maladies and Remedies

The following are sample dietary maladies and remedies:

| Dietary Maladies | Remedies |
|---|---|
| 1. Anemia | 1. Need foods rich in iron, such as liver and other organ meats, egg yolk, dried beans, and green leafy vegetables. |
| 2. Night blindness | 2. Need foods rich in vitamine A, such as liver, egg yolk, milk, and green and yellow vegetables. |
| 3. Enlargement of thyroid gland | 3. Need foods rich in iodine, such as iodized salt and sea foods. |
| 4. Inflammation of the mucuous membrane in the mouth. | 4. Need foods rich in riboflavin ($B_2$), such as milk, fish, eggs, meat, and whole-grain cereals and enriched bread. |

## Weight Control

There are many health benefits that one will gain from utilizing the combination of good diet and proper exercise for desirable weight control.

## Rationale for Weight Control

People who are overweight are greatly handicapped physically, socially, and psychologically. Weight control can become a reality but it takes time and it is not easy. A sensible program of behavior modification (behavioral control of weight through habit awareness--examining in detail your present eating habits and determining specific behaviors that are leading to your present weight problem), caloric intake (calories you are using) and a suitable exercise program should be the combination that will be helpful for maintaining proper weight control.

## Height and Weight Chart

Tables of weight standards concerned with sex, age, and height have been in use for a long time. A good weight chart will consist of three important components as the one listed below. They are as follows:

1. Consideration of the differences by sex and height,
2. Consideration of the differences by body frame,
3. Consideration of the differences by listing a range of weight.

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Insert chart here

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## WHAT SHOULD YOU WEIGH?

| WOMEN HEIGHT WITH SHOES | WEIGHT (INDOOR CLOTHING) SMALL | MEDIUM | LARGE |
|---|---|---|---|
| 4' 10" | 92-98 | 96-107 | 104-119 |
| 11" | 94-101 | 98-110 | 106-122 |
| 5' 0" | 96-104 | 101-113 | 109-125 |
| 1" | 99-107 | 104-116 | 112-128 |
| 2" | 102-110 | 107-119 | 115-131 |
| 3" | 105-113 | 110-122 | 118-134 |
| 4" | 108-116 | 113-126 | 121-138 |
| 5" | 111-119 | 116-130 | 125-142 |
| 6" | 114-123 | 120-135 | 129-146 |
| 7" | 118-127 | 124-139 | 133-150 |
| 8" | 122-131 | 128-143 | 137-154 |
| 9" | 126-135 | 132-147 | 141-158 |
| 10" | 130-140 | 136-151 | 145-163 |
| 11" | 134-144 | 140-155 | 149=168 |
| 6' 0" | 138-140 | 144-159 | 153-173 |

| MEN HEIGHT WITH SHOES | WEIGHT (INDOOR CLOTHING) SMALL | MEDIUM | LARGE |
|---|---|---|---|
| 5' 2" | 112-120 | 118-129 | 126-141 |
| 3" | 115-123 | 121-133 | 129-144 |
| 4" | 118-126 | 124-136 | 132-148 |
| 5" | 121-129 | 127-139 | 135-152 |
| 6" | 124-133 | 130-143 | 138-156 |
| 7" | 128-137 | 134-147 | 142-161 |
| 8" | 132-141 | 138-152 | 147-166 |
| 9" | 136-145 | 142-156 | 151-170 |
| 10" | 140-150 | 146-160 | 155-174 |
| 11" | 144-154 | 150-165 | 159-179 |
| 6 0" | 148-158 | 154-170 | 164-184 |
| 1" | 152-162 | 158-175 | 168-189 |
| 2" | 156-167 | 162-180 | 173-194 |
| 3" | 160-171 | 167-185 | 178-199 |
| 4" | 164-175 | 172-190 | 182-204 |

It should be kept in mind that tables are only averages based on measurements of thousands of people, and they are not a measurement of perfection. However, the table listed above is an approximation and it should provide a reasonable guide for the latitude of acceptable weights.

## Smoking

The prevalence of cigarette smoking in this country is considered to be the number one preventable health problem. Cigarette smokers consistently have more disability, absence from work or school, illness and disease, and are hospitalized more than nonsmokers.

### Hazards of Smoking

There are numerous hazards of smokers. Some of these are listed as follows:

1. In excess of one-million people per year die from smoking in this country.
2. Smoking increases the heart rate, blood pressure, and elevates the blood sugar level.
3. Smoking reduces the blood flow in the coronary arteries of the heart.
4. Over one-hundred dangerous chemicals have been identified in smoke; many have been proven to be cancer-producing

substances.

5. The heart attack rate is four times greater than that in nonsmokers.
6. In comparing deaths from heart attacks among smokers and nonsmokers, the average increase is seventy percent among smokers.
7. It has been proven that smoking is a direct cause of heart disease.
8. Smoking is a primary cause of lung cancer.
9. Smoking is one of the contributing factors of peptic ulcers.
10. Arterial narrowing is influenced by smoking in several ways, among which is that nicotine increases the amount of fat and cholesterol carried by the blood so more is available to deposit in the arterial walls causing a serious health problem called atherosclerosis.
11. A much greater incidence of bronchitis exists among smokers than nonsmokers.
12. One of the most serious and disabling of the pulmonary (pertaining to the lungs) complications linked to smoking is emphysema. This disease is only rarely seen in nonsmokers.

Smokeless Tobacco

There is an increased prevalence of the use of smokeless

tobacco. Even though this is a relatively new problem, many hazardous effects have already been reported in the research. Some of these hazards are listed as follows:

1. Oral health is seriously compromised by the use of smokeless tobacco.
2. The acute effects of smokeless tobacco ingestion include increased heart rate and blood pressure.
3. Cancer-producing chemicals have shown the development of precancerous lesions and cancer of the oral cavity, pharynx, larynx, and esophagus.
4. Smokeless tobacco can produce bad breath, discolored teeth, and excessive wear of the biting surfaces of the teeth.
5. Smokeless tobacco can cause the decreased ability to smell and taste, gingival (gum) tissue recession, and advanced distruction of the tissues immediately surrounding the teeth.

Helpful Hints for Stopping to Smoke

Once the smoking habit has been established, many people find it difficult to stop smoking. However, it can be done, and with the overwhelming evidence of the hazards of smoking, one should realize the importance to quit. The following suggestions may be helpful:

1. Understand the health implications and the overwhelming evidence showing the hazards of smoking.

2. Alter the behavior patterns that remind you of smoking. For example, if you smoke when you drink a cup of coffee, change your routine.
3. Substitute a package of another product in the place where you carry your cigarettes. For example, place a package of mints in your pocket where you usually keep your cigarettes.
4. Try to avoid being around other smokers.
5. When tempted to smoke, get busy on some project or work to do.
6. Enroll in a group that is concerned with helping smokers to stop smoking (There are many of these groups available at no charge or for a nominal fee).
7. When you have the urge to smoke look at the clock, and take deep breaths for one minute.
8. Keep a record of the amount of money you save on a daily basis for a month by not smoking, and notice how much better you feel when walking, running, climbing stairs, not gasping for breath, etc.
9. Be mindful of the money you save by having less doctor's bills and cheaper insurance rates for nonsmokers.
10. Put a pacifier in your mouth, such as a straw, mints, snack foods, etc., when you have the urge to smoke.

## Drug Usage

An educated person should base his actions on intelligent choices more than on luck or accident. What use you make of your education will depend on your judgment and emotional maturity. One of the most important choices that you will be confronted with relates to drug usage. Whether or not you choose to use drugs should be based on your religious and moral principles as well as valid information concerning their effects.

### Alcohol

Alcoholic beverages have been the subject of much discussion and disagreement. Both drinkers and non-drinkers often use arguments based on misinformation to support their opinions. This is why it is important to separate fact from fiction. If a person chooses to drink, they should do so only in moderation; only when they have food in their stomach; only when they have completed their daily responsibilities; and never when performing a task related function such as driving a car.

### Effects of alcohol Use

The following list indicates some of the general effects on the body with the intake of alcohol:

1. Alcohol acts as a depressant (not a stimulant) which can control and inhibit brain mechanisms.

2. Alcohol can effect motor performance (body control and coordination can be impaired).
3. Alcohol can effect sensations and perceptions such as reducing one's sensitivity to taste and odors, dulling one's sensitivity to pain, and miscalculating distance and depth perception.
4. Alcohol can impair judgment and skill to the extent that it may decrease fear and increase the likelihood that an individual will accept risks.
5. Alcohol taken in fairly large doses can frustrate sexual performance.
6. Alcohol taken before bedtime generally has been found to decrease the amount of REM (rapid eye movement) or dreaming sleep. The consequences of being deprived of REM sleep are impaired concentration and memory, as well as anxiety, tiredness and irritability.
7. Alcohol liver disease is one of the most serious consequences of alcohol abuse.
8. Alcohol intake in fairly large doses can inhibit the secretion of the gastric juices in the stomach and gastritis (chronic inflammation of the stomach lining) can result.
9. Alcohol intake can "dry-up" some of the valuable water in body cells.
10. Alcohol gives one a false sense of warmth. Blood vessels

near the surface of the skin dilate (become larger) making one feel warmer, when in reality they are not.

Warning Signs of Alcoholism

The following are some warning signs of alcoholism;

1. goes on frequent drinking sprees
2. drinks alcoholic beverages in the morning
3. misses time from work because of drinking
4. drinks alone
5. feels the need for a drink at a certain time of the day
6. has blackouts or forgets during drinking sprees
7. finds that people close to him are critical of his drinking
8. finds more excuses to drink and to increase consumption

Sources of Help and Treatment for Alcoholism

The following are some sources for help that is needed:

1. doctors
2. local and county hospitals
3. alcoholics anonymous
4. local and county health agencies such as the family service agency, office of rehabilitation services, and the mental health center.

Indiscriminate Use of Legal Drugs

There is no question that the indiscriminate use of drugs exists in our society. People take drugs to sleep better, to wake up, to lose weight, to gain energy, to keep from facing reality, to control depression, and to "calm their nerves."

Significant advances have been made in the discovery of a number of chemical substances (drugs) that have proved to be quite helpful in the prevention and control of many diseases. On the other hand, prescription drugs, as well as nonprescription drugs ("over the counter" drugs) such as aspirin, if taken excessively, can cause problems such as stomach and intestinal bleeding. The law requires that drugs have directions on the label with regard to their use. These directions should be followed carefully because any drug, if misused, can have dangerous effects. Some typical warnings that may appear on the label would refer to the following:

1. its safe use
2. when not to use it
3. when it should be discontinued
4. when to see a doctor

The human body is like a chemical factory that produces drugs of its own in the form of hormones and enzymes. These substances have the function of controlling various body processes, such as growth, digestion, and activity. The introduction of "foreign" drugs into this chemical factory often results in unexpected reactions

called "side effects" that can many times prove to be harmful. Side effects can be as mild as a slight rash and as severe as convulsive death. How a drug will affect a particular person can never be completely predictable because each person's body chemistry varies. A physician's supervision in the use of drugs is a wise suggestion.

## Use of Illegal Drugs

There is an alarming increase in the use of illegal drugs in our society. The growing problem of drug use is a concern for parents, teachers, law enforcement officers, physicians, and others who are concerned with the health and welfare of our young people.

## Reasons Why Students Use Drugs

There are a number of reasons why students "take up" the use of drugs. Some of these are as follows:

1. The Pill Tradition. People have become more and more dependent upon pills--for colds, headaches, backaches, stimulation, stress, etc. Through television, radio, newspaper, and magazine ads most people are "brain-washed" with the idea that we can solve all of our problems with pills. Therefore, it is a rather easy transition from using pills for pain and other ailments to the use of drugs for a calming effect, a pepping-up effect, or to temporarily alter the outlook on life.

2. The Pleasure-Fun Emphasis. From television programs, radio, newspaper, and magazine advertising we are constantly bombarded with the idea that life should be lived mainly for fun and plasure. This kind of continual persuasion makes it easier for people to use drugs for what they have been led to believe is an increase in pleasure and fun.
3. Curiosity. Most young people, especially college students, are curious. Through the natural urge to "try anything once," many college students experiment with drugs such as marijuana and cocaine.
4. Social Pressure. College men and women are looking for approval by their friends and acquaintances. Beyond this they are searching for some idea of their own identity and for meaning in life. A social group, with all good intentions, often pressures others to join them in social activities where drugs are used. The result is that some young people use drugs just because they are afraid of being left out of the group's activities.
5. Adult Hypocrisy. Here is where the so-called "generation gap" helps provoke students to use drugs. College men and women realize that older people sometimes say one thing and do another. For example, you may have seen your parents drink excessively on occasion. Many young people decide to turn away from the unwise choices of older people

and decide to "do their own thing." For many this means using illegal drugs such as marijuana and cocaine.

6. Conflicting Information. With regard to the use of many illegal drugs, there has been much misinformation (both positive and negative) given to young people. Well-meaning but uninformed parents, teachers, friends, law inforcement officers, and even physicians have given information that is not supported by scientific research evidence. At the present time many questions remain unanswered.
7. Danger Holds Attraction for Some. Using drugs may be one of the ways for youth to seek adventure and challenge danger.
8. Meeting Psychological Needs. It is entirely normal for people to want to socialize with others, relax, temporarily cast aside their worries and anxieties, and to escape briefly from the hard pressures of reality. Many college students use drugs to fulfill certain psychological needs.
9. Ignorance of Legal Penalties. Many drug users are unaware of the strict laws, both state and federal laws, which specifically prohibit using, possessing, selling, or giving drugs to others. Although ignorance of the law is being overcome by better drug education and the information provided through the news media, many drug users are still

DRUG CHART

| NAME | SLANG NAME | DRUG CLASSIFICATION | HOW TAKEN | INITIAL SYMPTOMS | LONG-TERM SYMPTOMS |
|---|---|---|---|---|---|
| Barbiturates | Barbs, Blue Devils, Yellow Jackets, Blue Heavens | Depressant | Swallowed or Injected | Drowsiness, Muscle Relaxation | Addiction with severe withdrawal symptoms, possible convulsions |
| Amphetamines | Bennies, Dexies, Wake-Ups, Pep Pills | Stimulant | Swallowed or Injected | Activeness | Delusions |
| Marijuana | Pot, Grass, Mary Jane, Reefers | Hallucinogen | Smoked, Swallowed or Sniffed | State of well-being, change in perception and judgment | Body and organ damage |
| Cocaine | Coke, Gold Dust, Flake, Snow | Stimulant | | Excitement, Talkativeness, Shaking | Depression, Convulsions |
| Heroin | Horse, Smack, Junk, "H" | Depressant | Injected or Sniffed | State of well-being and Drowsiness | Addiction, Convulsions |
| LSD | Acid, Sugar, Cubes, Trips | Hallucinogen | Swallowed | Excitement, Rambling speech | Convulsions, Delusions |

misinformed about the severe legal penalties which can result from the use of these drugs.

10. Ignorance of Health Hazards. Many drug users are not aware of the physical and mental damage that can result from drug use.

The following chart lists some examples of a few drugs, including the name of the drug, classification, how taken, and the initial and long-term symptoms:

_____

_____

## Dental Health

During the years of young adulthood, a major health problem is dental health. Surveys show that 19 out of 20 college students have some dental defects. Both your general health and your appearance are influenced by the condition of your mouth and teeth.

### Dental Caries

Dental caries, or tooth decay, affects about 95 percent of our population and an even higher proportion of young adults. Dental decay is now known to be caused by the action of mouth bacteria on sugar and other chemicals. Several factors determine the extent of damage and decay. Variation in these factors account for the apparent

differences in susceptibility to caries among individuals. Some of the more significant influences are as follows:

1. The presence of dental plaques (gummy, gelatin-like substances on the teeth).
2. The strengths and types of the acids produced in the mouth.
3. The effectiveness of the saliva in combating dental caries.
4. The length of time the acid remains in contact with the teeth.
5. Resistance of one's teeth to decay.

Reduced resistance to dental caries may be the result of variations in the chemical composition of the teeth, hereditary factors, absence of fluorides in the diet, and mechanical injury to the teeth.

Prevention and Control of Tooth Decay

There are some proven control measures which can substantially reduce the spread of tooth decay. Some of these are as follows:

1. Reduction of Sweets - Studies have clearly demonstrated that dental decay can be decreased sharply by reducing sugar consumption.
2. Regular Brushing - Brushing after eating removes food particles before acids can be formed. Your dentist can show you the best method for brushing. The American Dental Association suggests the following method:

"Place the bristles of the brush against the gums, just beyond the necks of the teeth, and pointing toward the roots of the teeth. Move the brush firmly so that the bristles sweep over the gums and the teeth. Brush the upper teeth downward and the lower teeth upward. Brush the chewing surfaces with a scrubbing stroke."

3. Application of Fluoride - The spread of new tooth decay can be reduced by having a dentist apply a fluoride solution on the teeth at times that he thinks it is necessary. People who have had the benefit of fluoridated water and/or regular use of a dentrifice (mouth wash) that contains fluoride will receive some additional protection for fighting tooth decay.
4. Dental Checkups - You should go to your dentist every six months for a check up and cleaning. During this time, the dentist can determine if there are other tooth and gum problems that need attention.

## Care of the Eyes and Ears

### Vision

Vision should be clear, sharp, and bright, with good distinction of color. The effectiveness of your performance may easily be reduced by loss of good vision, and you may even be unaware that you have a defect, blaming your failures on something else. The following are

some examples of common eye disorders:

1. Hyperopia (Farsightedness) - This means that one can see things more clearly at a distance than when things are up close to the eyes. The eye glasses prescribed for individuals with this disorder utilize convex lenses.
2. Myopia (Nearsightedness) - This means that objects nearby can be seen clearly while objects at a distance are blurred and cannot be seen as well. The eye glasses prescribed for individuals with this disorder utilize concave lenses.
3. Astigmatism - This is a blurring of vision due to irregularities in the roundness of the cornea (the transparent covering of the front of the eye) and thickness of the lens. It can be corrected with eye glasses.
4. Color Blindness - People who are color blind are unable to clearly distinguish certain colors. At present, color blindness cannot be prevented or cured. It is much more common in males than females.
5. Night Blindness - In this eye disorder, the person cannot see at night as well as they should be able to see. Generally, this is due to a vitamin A deficiency in the diet.
6. Sties - Sties are infections of tiny glands located along the margins of the eyelids, at the roots of the eyelashes. Hot moist cloths can be applied to help bring the sty to a head. Frequent washing will minimize the possibility of spreading germs to nearby eyelash roots. You should go to

a doctor because medical treatment often involves the use of antibiotic ointments or surgical drainage of pus. Sometimes sties are related to poor nutrition, diabetes, and other disorders.

Protecting Your Eyes

There are some common sense measures that you can take to protect your sight. Some of these precautions are as follows:

1. Have your eyes checked every one to three years, or whenever anything seems wrong with them.
2. Avoid eye infections by keeping your eyes clean and free of harmful germs. Use only your own face cloth, towel, and handkerchief and avoid touching or rubbing your eyes.
3. Take care to avoid accidental injury to your eyes when handling sharp instruments or when cutting, grinding, or chopping hard surfaces.
4. Rest your eyes often, especially when reading, watching television, or doing close work for long periods of time. A good practice is to look off in the distance at some dark object at brief intervals.
5. Follow good reading habits by using a reading light of 75 to 100 watts, preferably located about 3 feet back of you and to one side in order to prevent shadows and glare. Reading material should be held about 16 to 18 inches

away and below eye level.

6. Avoid excessive glare from sunlight and never look directly at the sun, even with sunglasses.
7. Learn the correct techniques for first aid in case of eye injury by physical or chemical substances.
8. A variety of eye drops are widely advertised to prevent itching, burning, and red eyes. Most of the commercial eye washes are unnecessary and some of them can be harmful.

Sunlight and Your Eyes

With more leisure time available for outdoor sports and recreation, proper use and protection of your eyes in sunlight becomes increasingly important. Sunglasses are necessary when there is glare from water, white sand, snow, or other light surfaces. Since most cheap sunglasses fail to adequately screen out the infrared rays, you should purchase good quality sunglasses.

Television and Your Eyes

In order to reduce eyestrain and fatigue, the following suggestions should be considered when watching television:

1. Maintain a comfortable amount of light in the room without glare or reflection, rather than sitting in a completely darkened room.
2. Sit at least 12 feet away from a 21-inch screen.

3. Look at the screen on a direct horizontal line, or from slightly above it, rather than viewing upward.
4. Rest your eyes occasionally by shifting them around, closing them at times, or by leaving the room at breaks in the program.
5. Keep your TV set in good working order so that fatigue-producing flicker of the picture is kept at a minimum.

## Hearing

The sense of hearing, though valued by many people, is probably underrated in its importance. Our ability to communicate with others depends on it more than on any other of our senses. The loss of hearing immediately transforms the world around us into one of silence and isolates the individual. If one were to sit quietly and listen to all the background noises in the environment, one would become aware of the many noises one hears but of which is not often conscious. We live in a world of sound--sound that is not only a means of communication, but may be a warning of danger, a guage of emotions, or a spark of humor. The ear is the mechanism that serves as the vehicle for this major means of communication.

## Noise and Hearing Loss

Noise can be best described as unwanted sound. Besides being annoying, loud noise over a period of time can cause permanent and

irreversible damage to the auditory nerve. Federal and state health and safety codes have set 90 decibels as the maximum level of noise that people should be exposed to without wearing protection for the ears. To maintain a lower noise level, industry has in many instances redesigned machinery or modified manufacturing processes. When noise levels exceed 90 decibels, ear protection in the form or earplugs, earmuffs, etc., are worn. A decibel is a unit of hearing which is measured as the least intensity at which a given sound can be heard by the normal human ear.

There has been much concern expressed in recent years by hearing specialists with regard to hearing loss caused by loud music. Rock music groups can produce sound at a level exceeding 120 decibels if you are just six feet from them. This is well above what is considered a safe level of sound. It is estimated that ninety percent of those who expose themselves to music of that loudness will suffer from significant hearing loss.

## Common Ear Disorders

The following are some examples of common ear disorders:

1. Otitis Media (Middle Ear Infection) - Middle ear infections may result when bacteria from the nose or throat gain access to the middle ear. An inflammation may develop in the ear with an accompanying increase in pressure caused when accumulated pus presses on the eardrum. The pus cannot

escape and the ear becomes swollen and closes up. Middle ear infection may follow as a complication of the common cold, tonsillitis, influenza, measles, mumps, scarlet fever, whooping cough, etc. Infection of the middle ear is usually accompanied by intense pain and temporary impairment of hearing.

2. Otitis Externa (Ear Canal Infection) - Ear canal infection occurs most often during the summer. In hot, humid weather bacteria and fungi reproduce rapidly and can infect the skin lining of the outer ear canal. Though generally ear canal infection is not the serious threat to hearing that middle ear infection presents, it can be painful and annoying. Some people develop injuries in the ear canal as a result of sensitivity to cosmetics or other solutions that come in conctact with the ear.

Protecting Your Hearing

Healthy, efficient ears require proper care to keep them that way. The following are some suggestions for protecting your hearing:

1. Keep your ears clean, but do not place toothpicks, match sticks, metal objects, or other harsh materials in the ear.
2. At the first sign of ear pain or fluid discharge, see your doctor.
3. Avoid swimming in uninspected pools or stagnant waters.
4. Avoid violent blowing of your nose or blowing one nostril

while closing the other.

## Care of the Skin and Hair

### Skin

Your skin is "the first line of defense" against bacteria. The skin's appearance is a good index not only of the health of the skin itself, but also of the general status of the body. Color, temperature, swelling, moisture, dryness, and rashes are all factors which may reflect health or disease.

### Ways In Which Your Skin Helps to Maintain Health

The following are some functions of the skin:

1. Protects underlying tissues from the invasion of bacteria.
2. Protects underlying tissues from injury physically and from heat.
3. Protects inner tissues from water loss.
4. Regulates body temperature by changes in the size of the blood vessels (increased blood flow speeds heat loss by radiation) and activity of sweat glands (increased sweat results in cooling by evaporation).
5. Serves as a major organ of sensation (feelings).
6. Helps to rid the body of water and waste materials in the sweat.

7. Stores fat which serves as body insulation, and a "factory" for vitamin D production when skin is exposed to ultraviolet radiation.

The functions of protection, temperature regulation, and sensation hold top priority in maintaining and safeguarding your health.

## Care of Your Skin

Basically, skin care is quite simple. Except for certain skin diseases, you can rely on a few basic principles of personal health to keep your skin clear, attractive, and healthy. Daily bathing and common sense use of deodorants and cosmetics, combined with exercise and a good diet, will assure most young adults of maximum skin care.

## Common Skin Problems

The following are some examples of common skin problems:

1. Acne - This skin disorder is commonly referred to as pimples. Acne is believed to be associated with the typical glandular changes of adolescence and early adulthood. During these years of development there is usually a period when the balance of sex hormones is upset. This imbalance of hormones causes an increase in size and activity of the oil glands in the skin. Often this blocks the openings of these glands. This in turn leads to the formation of a pimple

which soon becomes filled with pus. Acne is usually concentrated on the face but also often occurs on the shoulders and back.

The following suggestions may be helpful in preventing or reducing the blemishes of acne:

(1) Wash your face with lots of soap and warm water three or more times each day.

(2) Avoid chocolate, nuts, fried foods, pork, cream, and other foods rich in fat.

(3) Be sure to bathe after any activity which causes excessive sweating.

(4) Do not irritate your skin by squeezing pimples, rubbing with a rough towel, or brushing with a complexion brush.

(5) Get plenty of rest and regular exercise, preferably outdoors.

2. Eczema - This skin disorder is broadly characterized by a "weeping" or oozing of fluid, itching, swelling, reddening, and blistering. Doctors generally classify this disease into two basic types--contact eczema and noncontact eczema. The contact type is usually caused by any substance which irritates or produces sensitivity to the skin. Substances such as detergents, soaps, bleaches, solvents, cleansing agents, waxes, polishes, and chemicals are examples. The noncontact type is usually the result of allergic factors

such as certain foods, inhaled substances, emotional stress, drugs, or poor circulation.

3. Fungus Infections - There are many different fungus infections. One of the most common is called "athlete's foot." This fungus causes itching, burning, cracking, and scaling, usually between the toes. To improve your resistance to this disease you should bathe daily, thoroughly dry between the toes, and use talcum or foot powder regularly. A physician can also precribe various medications that are available.

4. Boils - Boils are bacterial infections of hair follicles or oil glands. The skin reacts by producing a painful lump, and as the infection progresses the lump "comes to a head." The boil may burst and pus will drain out, but a boil should not be squeezed. Warm wet compresses (cloth material) soaked in salt water will help to "draw out" the infection and speed the healing process. Proper bandaging before the boil begins to drain will reduce irritation from rubbing and pressure, and after drainage it will help prevent the spread of bacteria to other areas of the skin. A physician should be consulted.

5. Impetigo - This is a highly contagious skin infection. It is characterized by fluid-filled blisters which rupture and spread their contents on the skin. The sores produce itching

and occasionally there is fever and swelling of the lymph glands in the neck and underarm areas. Impetigo is easily spread to other parts of the body by scratching or by contaminated clothing, washcloths, or towels. Germs may be passed from one person to another by direct contact, borrowed clothing, or furniture which has been freshly contaminated with the fluid from impetigo sores. A physician should be consulted.

6. Poison Ivy - This skin condition is due to an allergic reaction of the skin to a chemical called urushiol in the sap of poison ivy, poison sumac, or poison oak plants. Sensitivity varies greatly among people. A physician should be consulted for treatment.

7. Heat Rash - During the summer months, many people acquire various kinds of skin eruptions. These conditions are generally the result of high temperatures, increased humidity, and excessive perspiration. Prickly heat is characterized by clusters of tiny blisters caused by the blocking of sweat ducts from excessive heat and high humidity. Whenever possible, the person should stay in an air-conditioned room, wear light, loose clothing, and avoid strenuous physical exercise. A physician should be consulted for treatment.

8. Psoriasis - This is a chronic, recurring noncontagious

skin condition. The cause is unknown and there is no "real" cure available. There must be a hereditary predisposition to the disease since some eighty percent of the patients have a family history of psoriasis. The condition is characterized by reddish-silvery patches and heavy scaling. The areas affected most often are the elbows, chest, knees, and scalp. Some helpful measures for treatment have included reduced emotional stress, exposure to sunlight, and warm baths with tar solution added to the water. However, a physician should be consulted for treatment.

9. Hives - This is a common skin allergy characterized by red blotches, swelling, and intense itching. While the exact cause of the condition is not fully understood, there are accepted theories that relate to stress, food intake, and drugs that can cause hives. A physician should be consulted for treatment.

Care of Your Scalp and Hair

Most people are aware of the influences that hair care can have on personal appearance. Needless to say, it is important to keep your scalp and hair clean. As to how often you should wash your scalp and hair depends on various things, such as how oily your scalp and hair are, how dirty, how much activity, how much exposure to hot, humid climates, etc. Usually two separate washings with warm water and

shampoo are necessary to remove oil and dirt from your scalp and hair. Rinsing should be thorough after the second washing. A thick clean towel is usually adequate for drying.

Dandruff

Dandruff is caused by a chronic oiliness and scaling of the scalp which produces mild, moderate or severe inflammation. Your scalp, like the skin all over your body, is continually shedding tiny flakes from its dead outer layer. These dead cells, plus oil, dust, and bacteria make up the yellowish-white scales which characterize dandruff. Normally, you can keep these scales at a minimum by frequent shampooing. However, if your oil glands are overactive, ordinary shampooing will not control the oiliness and excessive flaking and inflammation. In this case, you should consult a physician.

Summary

International students who come to the United States for study are under stress because of culture, different food, climate, and language; but they can develop certain strategies for remaining healthy by following a plan of action which includes a wellness program. Certainly, a wellness program would not replace proper medical examinations and tests as the need arises, but the program gives the international student a chance to prevent major adjustment problems ( physical or mental ) while they are striving for a college education in the United States. Preventive techniques for wellness for the international student is much cheaper than the costs of medical care or prolonged stays in the hospital. International student advisors should continue to emphasize healthful habits to the international student.

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